



City of Pleasant Hill

EMERGENCY PREPAREDNESS

2006

Natural disasters can hit anytime, anywhere. This brochure will provide you with valuable information, enabling you to prepare your home and family for the occurrence of a disaster. The included articles will help you protect your family, pets, and home before and after disaster strikes.



EMERGENCY NUMBERS

Pleasant Hill
Police Emergency:

911

Pleasant Hill Police
Non-emergency:

288-4600

Fire: **911**

Ambulance: **911**

Pleasant Hill Public Service Center
To report flooding or other safety
emergency during the day:

671-4646

For emergency response
after-hours flooding:

288-4600

Pleasant Hill
Public Works Department:

671-5265

PG&E emergency:

800-743-5000

EBMUD emergency:

835-3000

Contra Costa Water emergency:

688-8374

Pacific Bell emergency:

611

Contra Costa County Office
of Emergency Services:

228-5000

Red Cross:

800-520-5433

EVALUATE YOUR HOME FOR SAFETY and GET READY FOR NATURAL DISASTERS BEFORE THEY HAPPEN

Prepare an emergency plan and conduct an emergency drill with your family

- Prepare an evacuation plan. Each room should have at least two ways to escape. Establish a place where your family can reunite after an emergency.
- If you live in an apartment, know the locations of emergency exits, fire alarms, and fire extinguishers.
- Make sure children, houseguests and childcare providers know your safety procedures. By planning and practicing what to do, you can condition yourself and your family to react correctly when an emergency occurs.
- Establish an alternative way to contact others that may not be home, such as an out-of-the-area telephone contact. During some emergencies completing local telephone calls may be difficult; it may be easier to telephone someone out of the area.

Prepare and maintain an emergency supply kit with enough to be self-sufficient for at least 3 days—and preferably up to one week.

Know when and how to turn off electricity, water, and gas at the main switch and valves.

Evaluate your home for safety, including ensuring your home can withstand a serious earthquake or other emergency:

- Always store flammable material safely away from ignition sources like water heaters, furnaces and stoves.
- Install smoke alarms throughout your home. If the smoke alarm runs on batteries, or has battery back-up power, replace batteries at

least once per year. If the low battery warning beeps, replace the battery immediately. All smoke alarms in your house should be tested every month using the alarm test button.

- Keep fire extinguishers in your home, and know how to use them before they are needed.

You should keep a fire extinguisher in high-risk areas such as the kitchen and workshop.



Know what to do after an emergency

Ensure that everyone is safe and inspect your building for damage. Do not use electrical switches, appliances or telephones if you suspect a gas leak since sparks may ignite gas.

If you suspect a gas leak, smell gas, hear gas escaping, see a broken gas line, or if leaking gas starts to burn (do not try to put the flame out), evacuate the building. Find a phone away from the building and call PG&E or 9-1-1 immediately. If it is safe to do so, turn off the gas service shutoff valve normally located near the gas meter. **Do not** shut off the gas service shutoff valve unless you find the presence of any one of these conditions because there may be a considerable delay before PG&E can turn your service back on.

Once the gas is shut off at the meter, do not try to turn it back on yourself. Only PG&E or another qualified professional should turn the gas back on.

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A cartoon illustration of a dog and a cat. The dog, on the left, is a light-colored breed with long, floppy ears, sitting and looking towards the right. The cat, on the right, is a black and white breed with orange eyes, sitting and looking towards the left. They are positioned on either side of the main title and introductory text.

BEING PREPARED MEANS HAVING SUPPLIES FOR YOUR FAMILY PETS

Pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. Here is some information from the Humane Society of the United States and the American Veterinary Medical Association and the American Red Cross on how you can be prepared to protect your pets when disaster strikes.

Be prepared with a disaster plan

Protect your family from the effects of a disaster by having a disaster plan—a **plan that includes your pets**. In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them, too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost, or worse. So prepare now for the day when you and your pets may have to leave your home.

Have a safe place to take your pets

Because of health and safety regulations and other considerations, Red Cross disaster shelters cannot accept pets except for Service animals that assist people with disabilities. It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster, so do your research and plan ahead.

- ❑ Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- ❑ Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.
- ❑ Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Include 24-hour phone numbers.
- ❑ Ask local animal shelters if they provide emergency shelter or foster care for pets in a disaster. Animal shelters may be overburdened caring for the animals they already have as well as those displaced by a disaster, so this should be your last resort.

Assemble a portable pet disaster supplies kit

Whether you are away from home for a day or a week, you'll need essential supplies. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffle bags, covered trash containers, etc.). Your pet disaster supplies kit should include:

- ❑ Medications and medical records (stored in a waterproof container) and a first aid kit.

- ❑ Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape .
- ❑ Current photos of your pets in case they get lost .
- ❑ Food, potable water, bowls, cat litter/pan, and can opener .
- ❑ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets .
- ❑ Pet beds and toys, if easily transportable.

Know what to do as a disaster approaches

Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet:

- ❑ Call ahead to confirm emergency shelter arrangements for you and your pets.
- ❑ Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- ❑ Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.
- ❑ Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag, adding information with an indelible pen.

You may not be home when a disaster strikes. Find out if a trusted neighbor would be willing to take your pets and meet you at a prearranged location. This person should be comfortable with your pets, know where your animals are likely to be, know where your pet disaster supplies kit is kept, and have a key to your home. If you use a pet sitting service, they may be available to help, but discuss the possibility well in advance.

Planning and preparation will enable you to evacuate with your pets quickly and safely. But keep in mind that animals react differently under stress. Outside your home and in the car, keep dogs securely leashed. Transport cats in carriers. Don't leave animals unattended where they can run off. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch. And, when you return home, give your pets time to settle back into their routines. Consult your veterinarian if any behavior problems persist.

Caring for birds in an emergency

Birds should be transported in a secure travel cage or carrier. In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside. During warm weather, carry a plant mister to mist the birds' feathers periodically. Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content. Have a photo for identification and leg bands. If the carrier does not have a perch, line it with paper towels and change them frequently. Try to keep the carrier in a quiet area. Do not let the birds out of the cage or carrier.

About other pets

Reptiles. Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site. If your snakes require frequent feedings, carry food with you. Take a water bowl large enough for soaking as well as a heating pad. When transporting house lizards, follow the same directions as for birds.

Pocket Pets. Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers suitable for maintaining the animals while sheltered. Take bedding materials, food bowls, and water bottles.

If you must evacuate, do not leave your animals behind if possible. Evacuate them to a prearranged safe location if they cannot stay with you during the evacuation period (remember, pets are not allowed in Red Cross shelters). If there is a possibility that disaster may strike while you are out of the house, there are precautions you can take to increase your pets' chances of survival, but they are not a substitute for evacuating with your pets.

**For more information, contact
The Humane Society of
the United States,
Disaster Services,
2100 L Street NW,
Washington, DC 20037.**



A RESIDENT'S BEST PLAN IS TO BE PREPARED —continued from page 1

Check for downed or damaged electric utility lines. Never touch wires lying on the ground, wires hanging on poles, or objects that may be touching them. Downed wires may still be carrying current and could shock, injure, or even kill if touched.

Check for damaged household electrical wiring and shut off the power at the main electric switch if you suspect any damage. If the power goes out, turn off all electric appliances, and unplug major electric appliances to prevent possible damage when the power is turned back on.

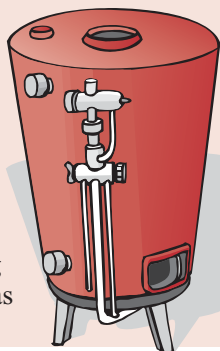
The most common earthquake damage to a building's gas system results from structural damage to the building and the movement or toppling of gas appliances. Inspect your building and appliances to assure they are able to withstand a significant earthquake.

Gas appliance safety

State of California codes require that all residential water heaters are braced, anchored, or strapped to resist falling or moving during an earthquake. Commercially available hardware kits to provide a reliable means to restrain water heaters are available at the State of California website. For a significant improvement in gas safety, restrain water heaters and other gas appliances or furniture to prevent tipping, moving, or falling over during an earthquake.

If your water heater is on an elevated platform, assure the platform is properly reinforced to withstand the weight of the water heater during an earthquake.

For all gas appliances, flexible gas piping connections should be used to connect gas



appliances to the gas houseline (the gas pipe connecting your appliances to the gas meter). On each gas appliance you should have an appliance gas shutoff valve installed that lets you turn off the gas to that appliance only if there is a gas leak. Without this valve, the appliance needs to be replaced or serviced.

Building structural safety

Appropriately constructed or strengthened buildings are less likely to collapse or sustain significant damage, and therefore reduce the potential of damaging the building's gas system. Assure that your building is structurally designed and constructed, or retrofitted, to withstand a significant earthquake. Some examples include reinforcing building foundations and walls; anchoring the building to the foundation; bracing perimeter foundation crippled walls; and reinforcing masonry chimneys.

Flood safety guidelines

PG&E recommends that customers who evacuate their homes due to flooding should shut off their gas and electricity if they know how and can do so safely. This may prevent gas and electric appliance controls and equipment from being damaged.

Gas. Turn off all gas appliances, or turn off the **appliance gas shutoff valve** at each appliance. If customers are unable to shut off the gas to appliances, they should turn off their **gas service shutoff valve** normally located near the gas meter.

Electricity. Turn off the electric supply to the entire premises at the main electric switch. **Warning:** Never touch the electric switch or circuit breaker with wet hands or while standing on wet surfaces.

DISASTER SUPPLIES KIT AND OTHER ESSENTIAL SUPPLIES

There are many basics you should stock for your home during an emergency: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items, i.e., prescriptions, spare eyeglasses, etc. Keep the items that you would most likely need during an evacuation in an easy to carry container.

Water

Store water in plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A person who is generally active needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need to drink even more.

Food

Store at least a 5-day supply of non-perishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno and matches. Select food items that are compact and lightweight.

Emergency Supplies Checklist

Stocking up on emergency supplies can add to your safety and comfort during and after a disaster. Store enough supplies for at least 72 hours. Use the list below as a shopping list to purchase your food and emergency supplies.

Essentials

Portable radio, flashlight, and spare batteries

Water—1 gallon/person/day
(two quarts for drinking, two quarts for food preparation and sanitation).

A week's supply of water is preferable.

Water purification kit

First aid kit, freshly stocked (*see inset*)

First aid book

Food (ready-to-eat foods, canned fruits, dried fruits, and nuts)

Canned vegetables

Can opener (non-electric)

Blankets or sleeping bags

Extra pair of house and car keys

Fire extinguisher A-B-C type

Food, water and restraint
(leash or carrier) for pets

Cash and change

Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices.

Sanitation Supplies

Large plastic trash bags for waste

Tarps and rain pouches

Large trash cans

Bar soap and liquid detergent

Shampoo

Toothpaste and toothbrushes

Feminine hygiene supplies

Toilet paper

Household bleach

Safety and Comfort

Sturdy shoes

Heavy gloves for clearing debris

Candles and matches

Light sticks

Changes of clothing for three days
including seasonal clothing
for rain, winter and summer

Knife or razor blades

Garden hose for siphoning and firefighting

Tent

Communication kit: paper, pens, stamps

Cooking

Plastic knives, forks, spoons

Paper plates and cups

Paper towels

Heavy-duty aluminum foil

Camping stove for outdoor cooking
(caution: before using fire to cook,
make sure there are no gas leaks;
never use charcoal indoors)

Tools and supplies

Axe, shovel, broom

Adjustable wrench for turning off gas

Tool kit including a screwdriver,
pliers and a hammer

Coil of ½" rope

Plastic tape, staple gun, and sheeting
for window replacement

Bicycle

City map

DO NOT INCLUDE CANDLES.

**Candles cause
more fires after
a disaster than
anything else.**



First Aid Kit

Assemble a first-aid kit for your home and one for each car. A first aid kit should include the following:

Sterile, adhesive bandages
in assorted sizes

Assorted sizes of safety pins

Cleansing agent/soap

Latex gloves (2 pairs)

Sunscreen

2-inch sterile gauze pads (4-6)

4-inch sterile gauze pads (4-6)

Triangular bandages (3)

2-inch sterile roller bandages
(3 rolls)

Scissors

Adhesive tape

Tweezers

Needle

Moistened towelettes

Antiseptic

Rubbing alcohol

Thermometer

Tongue blades (2)

Tube of petroleum jelly or
other lubricant

Extra pair of eyeglasses

Essential medications

Spare prescription medications